THE

WATER-CURE JOURNAL

AND

HERALD OF REFORMS;

DEVOTED TO

Physiology, Hydropathy, and the Laws of Life.

OUR OBJECT:

TO PROMULGATE THE PHILOSOPHY AND PRACTICE OF HYDROPATHY—EMBRACING THE TRUE PRINCIPLES OF HEALTH AND LONGEVITY, TOGETHER WITH DIRECTIONS FOR THE APPLICATION OF WATER, AIR, EXERCISE, AND DIET, TO ALL THE VARIOUS DISEASES WITH WHICH MANKIND ARE AFFLICTED.

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to proclaim and hasten the advent of Universal Health, Virtue, and Happiness. We ask all who love their brothers and sisters of the Human Family, to aid in this work, by becoming Co-Workers with us in the great cause of Human Health.

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PROSPECTUS OF THE WATER-CURE JOURNAL

FOR 1861.

VOLUME THIRTY-ONE of the WATER-CURE JOURNAL commences with the January number.

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